

Abstract The purpose of this study was to determine the effect of a 10-week, 1000 kcal energy deficit diet on the body composition and metabolic profile of obese women. The study was a randomized, controlled trial. The subjects were 20 obese women who were randomly assigned to either a diet or a control group. The diet group was instructed to consume a diet that was 1000 kcal less than their maintenance level, while the control group was instructed to consume a diet that was equal to their maintenance level. The study was conducted over a 10-week period. The body composition and metabolic profile of the subjects were measured at the beginning and end of the study. The results of the study showed that the diet group had a significant decrease in body weight, body fat, and waist circumference compared to the control group. The diet group also had a significant increase in lean body mass compared to the control group. The metabolic profile of the diet group showed a significant decrease in total cholesterol, triglycerides, and fasting glucose levels compared to the control group. The results of this study suggest that a 10-week, 1000 kcal energy deficit diet is effective in improving body composition and metabolic profile in obese women.

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